

## 工作场所健康促进工具包简介（亚洲+大洋洲）

- 新加坡工作场所健康促进工具包

The screenshot shows the Singapore Government Workplace Health Promotion (WHP) Toolbox website. The header includes the Singapore Government logo with the tagline "Integrity • Service • Excellence" and a search bar. The main navigation bar contains links for "Home", "Employees", and "Health Facilitators". The left sidebar lists various sections: "Facilitators Home", "Overview", "WHP Toolbox" (highlighted), "Resources", "Service Providers", "News & Events", "Club HEALTH", and "Contact Us". The main content area features a banner with a woman preparing food and the text "WHP Toolbox". Below the banner, the breadcrumb "WHP Home > WHP Toolbox" is shown. The text describes the WHP toolbox as containing the ABCs of WHP, which guides users in managing their organization's program. It mentions that the Policies and Guidelines section provides samples of policies like smoke-free and healthier catering policies. The Assessment Tools section helps users evaluate employee health practices and dietary intake, with an example of a Smoking Cost Calculator. Finally, it notes that Sample Templates are available for WHP program plans, interventions, and evaluation plans.

**WHP Toolbox**

[WHP Home](#) > [WHP Toolbox](#)

WHP toolbox contains the ABCs of WHP which guides you to manage your organisation's programme.

The **Policies and Guidelines** have samples of policies which you can incorporate in your WHP programme to encourage healthy lifestyle. For example, Smoke-free policy and Healthier Catering policy.

The **Assessment Tools** will help you assess your employees' health practices, dietary intake and their interest in health activities. For example, the Smoking Cost Calculator will calculate the additional cost each smoker in your company will incur.

You can use **Sample Templates** for WHP programme plans, interventions and evaluation plans that will help you on your role of a health facilitator.

ABCs of WHP	
	<ul style="list-style-type: none"><li>● <a href="#">The ABCs of a WHP Programme</a></li></ul>
	<ul style="list-style-type: none"><li>● <a href="#">Health Charter</a></li><li>● <a href="#">Sample Workplace Nutrition Policy</a></li><li>● <a href="#">Sample Healthier Canteen Policy</a></li><li>● <a href="#">Sample Healthier Catering Policy</a></li></ul>



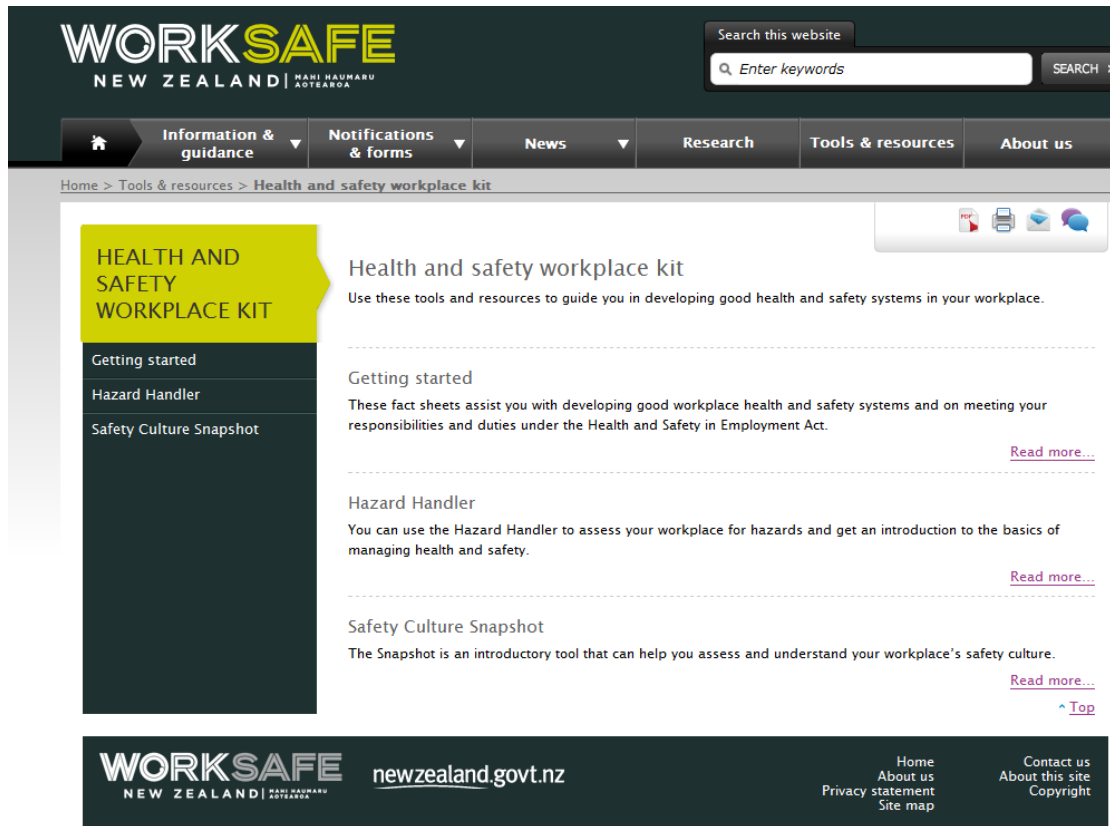
ABCs of WHP	<ul style="list-style-type: none"> <li>• <a href="#">The ABCs of a WHP Programme</a></li> </ul>
Policies and Guidelines	<ul style="list-style-type: none"> <li>• <a href="#">Health Charter</a></li> <li>• <a href="#">Sample Workplace Nutrition Policy</a></li> <li>• <a href="#">Sample Healthier Canteen Policy</a></li> <li>• <a href="#">Sample Healthier Catering Policy</a></li> <li>• <a href="#">Healthier Canteen Guidelines</a></li> <li>• <a href="#">Healthier Meetings and Functions Guidelines</a></li> <li>• <a href="#">Healthier Catering Guidelines</a></li> <li>• <a href="#">The Dummy's Guide to catering a Healthier Menu</a></li> <li>• <a href="#">Sample Smoke-free Policy</a></li> </ul>
Assessment Tools	<ul style="list-style-type: none"> <li>• <a href="#">Singapore HEALTH Award Self-Assessment</a></li> <li>• <a href="#">Lifestyle &amp; Health Practices Survey</a></li> <li>• <a href="#">Interest Survey</a></li> <li>• <a href="#">E-bites</a></li> <li>• <a href="#">Calculate the Cost of Smoking at Your Workplace</a></li> <li>• <a href="#">Smoking Survey</a></li> <li>• <a href="#">Karl Fagerstrom Nicotine Tolerance Questionnaire</a></li> </ul>
Sample Templates	<ul style="list-style-type: none"> <li>• <a href="#">Sample programme Plan</a></li> <li>• <a href="#">Example of Interventions</a></li> <li>• <a href="#">Evaluation Plan</a></li> </ul>

参考链接: [http://www.hpb.gov.sg/hpb/default.asp?pg\\_id=2144](http://www.hpb.gov.sg/hpb/default.asp?pg_id=2144)

简介:

新加坡工作场所健康促进工具包包含了指导企业执行工作场所健康促进项目的基本知识; 提供了戒烟和健康饮食等激励健康生活方式的程序; 评估工具可用于评估员工的健康实践、饮食摄入及对健康活动的兴趣等; 实例模版则提供了可用于项目计划、实施和评估的应用工具。

## ● 新西兰工作场所健康安全工具包



**WORKSAFE**  
NEW ZEALAND | MAHI HAUMARU  
AOTEAROA

Search this website  
Enter keywords SEARCH

Information & guidance | Notifications & forms | News | Research | Tools & resources | About us

Home > Tools & resources > Health and safety workplace kit

### HEALTH AND SAFETY WORKPLACE KIT

- Getting started
- Hazard Handler
- Safety Culture Snapshot

#### Health and safety workplace kit

Use these tools and resources to guide you in developing good health and safety systems in your workplace.

#### Getting started

These fact sheets assist you with developing good workplace health and safety systems and on meeting your responsibilities and duties under the Health and Safety in Employment Act.

[Read more...](#)

#### Hazard Handler

You can use the Hazard Handler to assess your workplace for hazards and get an introduction to the basics of managing health and safety.

[Read more...](#)

#### Safety Culture Snapshot

The Snapshot is an introductory tool that can help you assess and understand your workplace's safety culture.

[Read more...](#)

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参考链接：

<http://www.business.govt.nz/worksafe/tools-resources/health-and-safety-workplace-kit>

简介：

新西兰职业安全健康网站开发的工作场所健康安全工具包，包括三个部分。第一部分入门指南，主要是针对健康安全系统建立、工作中事故处理和危害管理的指导；第二部分提供了不同行业的危害处理，主要是帮助小型企业管理工作场所的健康安全以及鉴别工作场所常见的危害等；第三部分是关于工作场所安全文化素养的指导。